

STUDIO A GROUP EXERCISE

6/12/17 to 7/22/17

Monday Tuesday Wednesday Thursday Friday Saturday

POWER HOUR CYCLE
6:00AM-7:00AM
Justine

SILVER SNEAKERS
9:00AM-10:00AM
Kim (GYM)

POWER HOUR CYCLE
6:00AM-7:00AM
Justine

CYCLE 45
8:30AM-9:15AM
Justine

RAW
9:30AM-10:15M
Kim

POWER HOUR CYCLE
6:00AM-7:00AM
Tony

SILVER SNEAKERS
9:00AM-10:00AM
Kim (GYM)

POWER HOUR CYCLE
6:00AM-7:00AM
Justine

CYCLE 45
8:30AM-9:15AM
Justine

SENIOR FIT T/TH
9:15AM-10:00AM
Kathy (GYM)

POWER HOUR CYCLE
6:00AM-7:00AM
Justine

SILVER SNEAKERS
9:00AM-10:00AM
Kim (GYM)

POWER HOUR CYCLE
7:45AM-8:45AM
Justine

TABATA CYCLE
6:00PM-6:30PM
Kim

BEGIN TO CYCLE
6:40PM-7:10PM
Bethany

H.I.I.T CYCLE
7:15PM-7:35PM
Bethany

TABATA CYCLE
6:00PM-6:30PM
Justine

H.I.I.T CYCLE
6:40PM-7:00PM
Bethany

STUDIO B GROUP EXERCISE

Monday Tuesday Wednesday Thursday Friday Saturday

YOGA (\$)
6:00AM-7:00AM
Carole

GROUP STRENGTH
5:30AM-6:15AM
Tony

YOGA (\$)
6:00AM-7:00AM
Carole

GROUP STRENGTH
5:30AM-6:15AM
Tony

YOGA (\$)
6:00AM-7:00AM
Carole

KICKFIT
9:15AM-9:45AM
Laura

YOGA (\$)
9:30AM-10:30AM
Justine

KICKFIT
9:15AM-9:45AM
Laura

YOGA (\$)
9:30AM-10:30AM
Justine

SPEED
9:15AM-9:35AM
Amie

H.I.I.T
8:30AM-9:00AM
Marcy

SPEED
9:50AM-10:10AM
Laura

SPEED
9:50AM-10:10AM
Laura

CORE 15
9:45AM-10:00AM
Amie

YOGA BEGIN
9:15AM-9:45AM
Marcy

ABOVE BARRE (\$)
10:15AM-10:45AM
Laura

ABOVE BARRE (\$)
10:15AM-10:45AM
Laura

H.I.I.T
4:45PM-5:15PM
Marcy

PILOXING
4:45PM-5:15PM
Ronda

H.I.I.T
4:45PM-5:15PM
Marcy

PILOXING
4:45PM-5:15PM
Ronda

YOGA 45 (\$)
5:30PM-6:15PM
Marcy

GROUP STRENGTH
5:30PM-6:15PM
Larwan

YOGA 45 (\$)
5:30PM-6:15PM
Marcy

GROUP STRENGTH
5:30PM-6:15PM
Larwan

CORE 15
6:20PM-6:30PM
Larwan

CORE 15
6:20PM-6:30PM
Larwan



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SUMMER SCHEDULE

AGE REQUIREMENTS:

- **Ages 12-15**
A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file.
- **Ages 16 and 17**
May use the Fitness without parent present but must have a waiver on file.



Hi-lighted classes are fee based.
For questions, please contact
Marcy Moreillon
marcym@gymca.org